

All Groups Water Bottle Minimum 1 Liter

Teal and Stroke

- *Training Suit
- *Goggles (2 pair) 1 clear / 1 tinted
- *2 Caps
- *Mesh bag
- *Team suit
- *Fins
- *Fingertip paddles

Juniors

- *Pull Buoy
- *Paddles (stroke maker 0.0 small blue - 0.5 small red)
- *Tempo Trainer
- *Training Suit
- *Goggles (2 pair) 1 clear / 1 tinted
- *2 Caps
- *Mesh bag
- *Team suit
- *Fins
- *old tennis shoes for swimming

Senior I / II

- *Pull Buoy
- *Paddles (1-green)
- *Snorkel (front mount) [by FINIS]
- *Tempo Trainer (by FINIS)
- *Training Suit
- *Goggles (2 pair) 1 clear / 1 tinted

- *2 Caps
- *Mesh bag
- *Team suit
- *Fins
- *Stretch Cords
- *old tennis shoes (for swimming)

Senior 3

- *Pull Buoy
- *Alarm Clock
- *Paddles (coaches recommendation / swimmer specific)
- ***typically JO Qualifiers- Girls = 1-green
/// boys 2-yellow
- ***typically JO Finalists - Sectional Qual:
girls = 2-yellow /// boys 3-red
- *Snorkel (front mount) [by FINIS]
- *Tempo Trainer (by FINIS)
- *Training Suit
- *Goggles (2 pair) 1 clear / 1 tinted
- *2 Caps
- *Mesh bag
- *Team suit (after 1 month)
- *Fins
- *Stretch Cords
- *Old Tennis shoes (for swimming)

Senior 4

- *Pull Buoy
- *Alarm Clock
- *Paddles (coaches recommendation / swimmer specific)

- ***typically JO Finalists - Sectional Qual:
girls = 2-yellow /// boys 3-red
- ***typically Sectional Finalist and faster:
girls = 3-red /// boys 4-blue
- *Snorkel (front mount) [by FINIS]
- *Tempo Trainer (by FINIS)
- *Training Suit
- *Goggles (2 pair) 1 clear / 1 tinted
- *2 Caps
- *Mesh bag
- *Team suit
- *Fins
- *Stretch Cords
- *Old tennis shoes (for swimming)